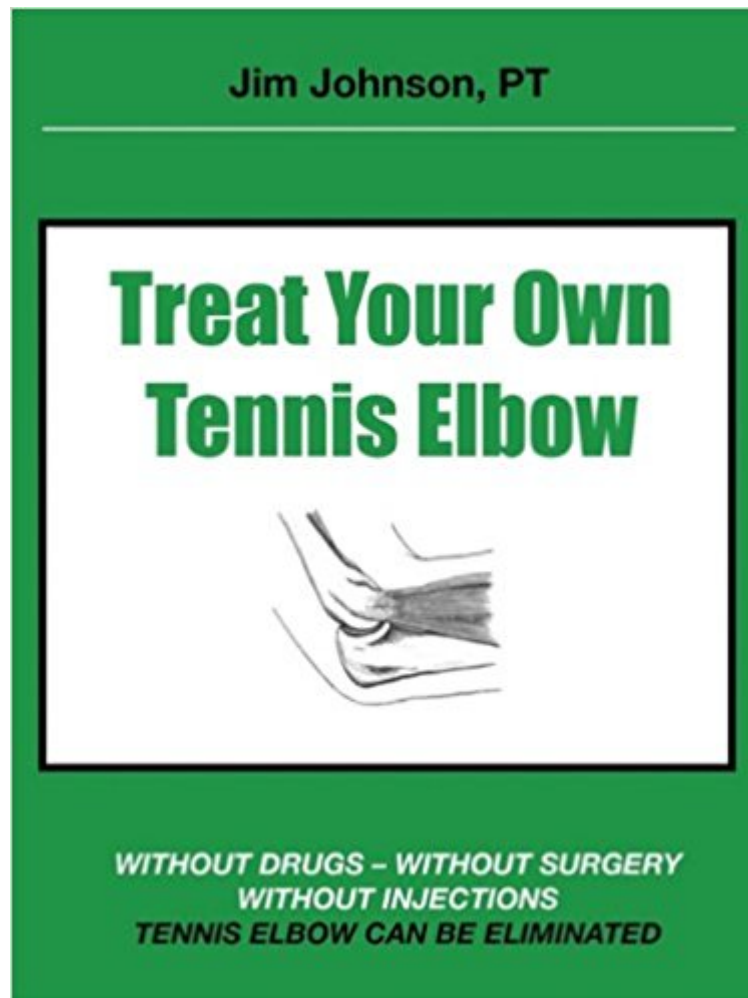




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# Treat Your Own Tennis Elbow



## Synopsis

Based on published research, *Treat Your Own Tennis Elbow* can be read in about an hour and will show you how to stop tennis elbow pain in 10 minutes a day using the principles of eccentric exercise.

## Book Information

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## Customer Reviews

### Review

Chapter 1 is titled "This Is the Spot Where All the Trouble Is" tells you where the problem is in your elbow. Sure you know your elbow hurts, but exactly what structure in your elbow is causing all the pain? Getting rid of tennis elbow once and for all starts with finding and treating the precise source of the problem. Chapter 2 is "What Went Wrong at Your Elbow". Now that you know exactly where the problem lies, how did it get to be a problem? This chapter will tell you. Turns out the problem has nothing to do with inflammation in your elbow, but everything to do with a failed healing response. Hard to believe? Not after you've read the results of a detailed literature search I did on all the studies that looked at the tissue samples of people with tennis elbow. The microscope tells it like it is... Chapter 3 is titled "What Your Prognosis Is". Prognosis can be defined as a prediction of the probable course and outcome of a disease. Practically speaking, it's your chances of recovery. So if you have tennis elbow, what are your chances of getting back to normal? Is it best to get immediate treatment, or will Mother

Nature heal all in time? After this chapter you'll know...Chapter 4 is titled "A Surefire Way to Help Your Elbow Finally Heal". Now that you know exactly where the problem is and how it got to be that way, you can begin a targeted treatment plan. The first part is decreasing the stress on your elbow. Here you'll learn the correct way to use and apply a tennis elbow brace. They do work - but only if you put them on correctly - which I show you how to do with a series of pictures. The chapter ends by teaching you a strategy you can use that helps take stress off your elbow when you must do activities that could aggravate it. Chapter 5 is "Doing This Will Repair the Damage". Where the last chapter showed you how to decrease stress off your elbow to create a healing environment, this chapter shows you specific exercises that have been shown to actually jump start the healing process in your elbow. Here you learn how to do an "eccentric" exercise that has been shown to encourage a new blood vessel supply in your elbow, promote the formation of healing tissue cells (such as fibroblasts) and healing materials (such as collagen), and actually makes newly formed tissue line up properly. You also learn how to properly stretch out the problem area in your elbow, and I've included 8-weeks' worth of exercise sheets so you'll know what to do, when to do it and how many times a day to do it. Remember, making progress with a few targeted exercises is the key to getting better - and this chapter will help you do just that! Chapter 6 is "Measure Your Progress" and contains a handy scale you can use to measure improving elbow function. The book then ends with a reference section - the entire book is completely based on published research studies from peer-reviewed journals and randomized controlled trials - check them out if you wish. At a count of 74 pages, I wrote this book with the intention that the reader could finish it in just a few hours, and then be left with all the tools they need to get their elbow back to normal. Additionally, I have also written it in a little larger print, so those with vision problems will have an easy time reading it. You can learn more about the author and his books at [bodymending.com](http://bodymending.com)

While my tennis elbow hasn't been cured, (maybe because i'm a boxer/mma fighter who throws hundreds if not thousands of punches a day) following the program in this book has helped immensely. I have read his rotator cuff and plantar fasciitis books and both took care of my problems there. While they are verbose, when you get to the programs, they really do work.

I give this book 5 stars because IT WORKS! It is a bit wordy and references a lot of medical studies about which I could care less, but it fully cured my elbow tendonitis. I'm a middle aged avid golfer and have been in a constant battle with lateral and medial epicondylitis for the past 15 years. I

bought this book in March and immediately began following its simple stretching/strengthening/bracing approach to curing elbow tendonitis. I've played golf weekly since April and had no elbow pain or discomfort whatsoever. This was the first summer in many, many years that I've been able to play as much golf as I wanted without being plagued with elbow pain. I've also taken 6 strokes off my handicap because I've been able to practice more than in past years. The book is a bit overpriced for what you get, but it was worth every penny as far as I'm concerned.

Since using the exercise principles in the book my tendonitis has gotten much better. I hope it's completely gone by the end of the program.

First, I have a question: will this regimen also work for Golfer's Elbow (pain on inside of elbow)? The exercises helped me right away, although it had been 9 months since my initial injury, so I'd made some progress doing the rest/ice approach. In fact, Johnson's explanation prompted me to add some more exercises that I found on the internet, designed for healing the elbow.

I spent a long time working my way out of the printing industry only to find myself right back in it last May - after 4 years at a real job - thanks to the economy and layoffs. So now my arm hurts like hades, especially after busy periods when we have a lot of overtime. It only seemed to get better over the 4th of July weekend holiday, so it was obvious it was my job. So what to do? I was willing to try about anything. I sure didn't want to go to the doctor, have them charge me a copayment, then tell me to take freakin' ADVIL - AGAIN!! Come on, guys. Been there done that - with headaches, back pain, swollen lymph node, etc. I can take Advil without a doctor visit. So, I'll cut to the chase - the book totally makes sense, totally explains everything in language I can understand, and it worked. I'll admit the "brace" idea scared me at first until I saw the picture on page 31. Page 31 pretty much nailed it though as to the exact cause. It showed exactly where this muscle is and what it does, and that's exactly the spot where I keep grabbing my arm and shaking out my hand. Now the brace I haven't bought yet, but my sister had some of those weights in storage so I went to get them. Here's the pleasant surprise - the exercises with the dumbbells on page 47 actually feel really good. It's like a stretching feeling that isn't unpleasant at all - maybe a mild sting is all. In fact, I did them every day at first which probably explains the stinging. But it feels good. And, there's a whole chart in the back that helps you keep track of when to do what. Now I'm following that, and it's going better (well the last couple of days I've been writing it down). I'll see if Walgreens or someone has

that brace. But I'm practically pain free already. Also I volunteered to clear pallets for a week and work that muscle less - I'm sure that has something to do with it too. Giving the muscle a chance to heal, like the book says. In any case I got the whole thing read in one evening, got the answers I wanted. My day is full enough - I just wanted this pain to go away. Not another textbook. This was exactly what I was looking for.

This is a great book - simply because it does what it's name suggests...it gives you an easy to follow and effective method to treat your tennis elbow yourself. What I like about the book is the systematic way the treatment approach is explained. It just makes sense to me - and it works! I'm sure there is nothing "new" in this book I'm sure there are cheaper ("free") treatment approaches described on the Web. But considering that this book has done all of the searching for me and brought the relevant treatment steps, backed up with ample evidence and peer reviewed data, together in one place AND for a price that is MUCH less than one visit to the physiotherapist, I'm totally happy with the price paid.

The book isn't cheap but the important thing is it works. My husband did the exercises and says his tennis elbow went away. A couple of time (due to his work environment)the pain started to return. He did the exercises in the book again and again the pain went away. He is happy with this book.

Ten months after my injury I was still experiencing pain in my elbow. I noticed an improvement within one week of starting the book's program, and I am pain-free after four weeks. The book was clear, interesting, and, most importantly, offered an effective treatment for less money than a co-pay.

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